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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

COOKING FOR TWENTY FIVE

By Fanny Walker Yeatman, Junior Food Specialist
Bureau of Home Economics

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The recipes on the following pages have been brought together to meet the numerous requests which come to the Bureau of Home Economics, often from housewives who are called upon to take charge of a church supper, a grange or other community gathering; or from food managers of camps or school cafeterias; or sometimes from hostesses who are planning to serve a considerable number of guests.

The recipes will yield about 25 average servings. The number and variety of dishes is limited, however, to recipes tried out in the Bureau's laboratories from time to time for various purposes, and this collection is a by-product rather than a separate undertaking in itself. This fact will explain the presence of some recipes and the absence of others which might be expected to appear in a more systematic cook book.

Other quantity recipes have been issued by the Bureau in mimeographed form under the following titled: "School lunches, with recipes to serve 50 children" and "Noon meals for nursery schools," with recipes for 25. Both of these, as well as the present pamphlet, are available free on request to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

The quantities of ingredients for the recipes in this pamphlet are given by weight as well as measure, and the recipes themselves furnish a choice for luncheon, dinner, supper, or party menus. The table which follows this page is included to help in planning for quantity cooking by showing the approximate number of servings to be expected from given amounts of food materials purchased.

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SERVING QUANTITY OBTAINED FROM GIVEN AMOUNTS OF
FOOD MATERIALS AS PURCHASED

Product	Quantity as purchased	Approximate serving quantity
<u>Fruits</u>		
Apples, baked	1 pound (3 to 5)	3 to 5 servings
in sirup	1 pound (2 large)	3 servings
Apricots, dried, cooked	1 pound	20 to 25 servings
Bananas, baked or sliced	1 pound (4 to 5)	4 to 5 servings
Blackberries, raw	1 quart	5 servings
Cranberries, sauce	1 pound (1 quart)	6 to 8 servings
Grapefruit	1 medium	1 cup juice or 12 sections
Lemons	1 medium	3 tablespoons juice
Oranges	1 medium	1/3 cup juice or 8 sections
Peaches, fresh, sliced	1 pound (5 to 6)	4 servings
canned	No. 3 can	10 - 11 halves
Pears, fresh, cooked	1 pound (3 to 6)	4 servings
canned	No. 3 can	8 - 9 halves
Pineapples, fresh	1 small	6 servings
canned	No. 3 can	8 slices
Prunes, dried, cooked	1 pound (30 to 40)	10 - 12 servings
Raspberries	1 quart	6 servings
Rhubarb, fresh, cooked	1 pound, trimmed	4 servings
Strawberries, whole	1 quart	5 servings
crushed with sugar	1 quart	6 servings
<u>Vegetables</u>		
Asparagus, fresh	1 pound	3 to 4 servings
canned	No. 2-1/2 square medium stalks	7 servings
Beans, lima, fresh	2 pounds, in pod	5 to 6 servings
canned	No. 3 can	5 servings
dried	1 pound	12 to 14 servings
navy, dried	1 pound	12 to 14 servings
snap, fresh	1 pound	3 to 4 servings
canned	No. 2 can	5 to 7 servings
Beets, cooked, sliced	1 pound	4 to 5 servings
canned whole	No. 2-1/2 can	10 to 12 medium beets
canned cubed	No. 3 can	8 servings

SERVING QUANTITY OBTAINED FROM GIVEN AMOUNTS OF
FOOD MATERIALS AS PURCHASED - (Continued)

Product	Quantity as purchased	Approximate serving quantity
Broccoli	1 pound	2 to 3 servings
Brussel sprouts	1 pound or quart box	5 to 6 servings
Cabbage, cooked	1 pound, small head	3 to 4 servings
Carrots, cooked	1 pound	4 servings
Cauliflower, creamed	1 medium head	6 to 7 servings
Celery	1 medium bunch	7 stalks
Corn, canned	No. 2 can	5 to 6 servings
Cucumber	1, 9 inch	20 to 30 thin slices
Eggplant, cooked	1 small	5 to 6 servings
Lettuce	1 pound head	12 to 15 leaves
Mushrooms, creamed	1 pound	5 to 6 servings
Onions, baked	1 pound	3 to 4 servings
Peas, fresh	2-1/4 pounds, in pod	5 to 6 servings
canned	No. 2 can	4 to 5 servings
dried	1 pound	12 to 14 servings
Peppers, stuffed	6	6 servings
Potatoes, cooked	1 pound	4 servings
Potato chips	1 pound	12 to 15 servings
Sauerkraut	1 quart	5 to 6 servings
Spinach, cooked	1 pound	2 servings
Sweet potatoes, cooked	1 pound	4 servings
Tomatoes, with lettuce	1 pound	4 to 5 servings
canned	No. 3 can	6 to 8 servings
Turnips, cooked	1 pound	4 servings
<u>Nuts</u>		
Almonds	3-1/2 pounds, unshelled	3-1/2 cups, 1 pound, shelled
Filberts	2-1/4 pounds, unshelled	3-1/2 cups, 1 pound, shelled
Pecans	2-1/2 pounds, unshelled	3-1/2 cups, 1 pound, shelled
Peanuts	1-1/2 pounds, unshelled	3 to 3-1/3 cups, 1 pound, shelled
Walnuts, English	2-1/2 pounds, unshelled	4 cups, 1 pound, shelled, halves
Walnuts, black	1 pound, shelled	3 cups, broken 4 cups, halves

SERVING QUANTITY OBTAINED FROM GIVEN AMOUNTS OF
FOOD MATERIALS AS PURCHASED - (Continued)

Product	Quantity as purchased	Approximate serving quantity
<u>Meat, Fish and Poultry</u>		
Bacon	1 pound	8 to 10 servings
Chops--	1 pound	
Lamb		5 servings
Pork		4 servings
Ground meat	1 pound	5 servings
Hams, baked	12 to 14 pounds	25 to 30 servings
Roasts	1 pound	2 servings
Fish, with bone	1 pound	2 servings
Fish fillets	1 pound	4 servings
Oysters (soup or (scalloped)	1 quart	8 servings
Chicken, salad	1, 5 pounds	8 to 10 servings
<u>Miscellaneous</u>		
Bread	1 pound	18 slices
Butter	1 pound	36 to 40 pats
Cheese, grated	1 pound	4 cups
Coffee	1 pound	35 to 40 cups
Cream for coffee	1 pint	32 tablespoons
Ice cream	1 quart	6 servings
Pie	9 inch	6 servings

SOUPS AND CHOWDERS

Cream of Spinach Soup

1/2 cup flour	4 quarts milk
1/8 pound (1/4 cup) melted butter or other fat	3 pounds spinach (4 cups) chopped Salt to taste

Blend the flour and fat. Heat the milk in a double boiler, add the blended flour and fat and the chopped spinach. Stir until thickened, season and cook for 10 to 15 minutes covered.

Variations: Use other vegetables in place of spinach. For cream of carrot or turnip soup, use 2-1/2 pounds (1-1/2 quarts) grated raw carrots or turnips in place of the spinach.

Cheese Soup

4 quarts milk	Salt
1/4 pound (1/2 cup) butter	Paprika
1/2 cup flour	Tabasco sauce
1 pound (4 cups) soft flaked cheese	1/2 cup finely chopped parsley or 4 cups croutons.

Heat the milk in a double boiler. Stir some of the hot milk into the well blended butter and flour until smooth. Return to the double boiler, stir to mix well, then cover and cook for 10 minutes. Add the cheese, stir until melted and beat until smooth. Season to taste with salt, paprika, and a few dashes of Tabasco sauce. Sprinkle a little parsley or croutons over each serving.

Bean or Split Pea Soup

2-1/3 pounds (6 cups) dried beans or split peas	1/4 cup flour
Cold water	2 quarts milk
1/2 pound (1 cup) chopped onion	2 tablespoons salt
3/8 pound (3/4 cup) butter or other fat	Lemon slices
	Parsley, finely chopped

Pick over the beans or peas, wash well and soak over night in 3 quarts cold water. In the morning add 3 more quarts of water and the onion, cover and simmer for about 1-1/2 hours or until very soft.

Press the beans (or peas), with the onion, through a fine sieve and save all the liquid. Blend the fat and flour, add the milk, heat and stir for about 10 minutes, mix with the pulp and liquid, season to taste; stir and boil gently for about 5 minutes. If the soup becomes too thick add more milk to give the right consistency. Thin lemon slices and parsley may be served over the soup as a garnish.

Potato Soup

3 pounds (2 quarts) diced potatoes	1/2 pound (1 cup) butter
2 quarts boiling water	1/4 cup flour
3 quarts milk	Salt
1 large onion, cut in half	Pepper
1/2 cup finely chopped parsley	

Cook the potatoes in the boiling water until soft. Drain, reserve the water and rice the potatoes. Heat the milk and onion in a double boiler. Cook the parsley in the butter. Add the flour, and stir until well blended. Mix with the potato water, riced potato, milk, salt and pepper. Heat, remove the onion and serve.

Potato and Corn Chowder

6 pounds (4 quarts) diced potatoes	4 No. 2 cans (2-1/2 quarts) corn
2 quarts boiling water	2 quarts milk
1 pound (2 cups) diced salt pork	3 tablespoons salt
3/4 pound (1-1/2 cups) chopped onions	Pepper

Cook the diced potatoes in the boiling water about 10 minutes. Fry the salt pork until brown and very crisp, then remove the pork and cook the onions in the fat for a few minutes. Add the onion and corn to the potatoes and boil until the potatoes are done. Add the milk with salt and pepper to taste. Bring to the boiling point, add the crisped pork, and serve over crackers.

Clam Chowder

6 dozen clams (3 quarts shucked)	1-1/2 pounds (1 quart) diced potatoes
1/2 pound (1 cup) diced salt pork	3 pints milk
1/2 pound (1 cup) chopped onions	1-1/2 teaspoons salt or to taste
1/2 cup flour	Tabasco sauce
	Chopped parsley

Drain the clams from the liquor and chop or grind them fine. Strain the liquor through cheese cloth or a fine wire strainer, to remove any small pieces of shell. Crisp the salt pork and remove from the fat. Cook the onion in the fat for a few minutes, add the flour and stir until blended. Then add the clam liquor and the potatoes. Cook this mixture in the upper part of a double-boiler until the potatoes are done. Add the milk, the chopped clams and the crisped pork, cook for a few minutes longer, season with salt and Tabasco. Sprinkle the chopped parsley over the top and serve with crackers.

Vegetable Soup (Fresh Vegetables)

1 large soup bone (5 to 6 pounds) cracked	1 bunch carrots (2 cups) finely diced
3 quarts cold water	1 pound turnips (2 cups) finely diced
2 green peppers, chopped	3/4 pound potatoes (2 cups) finely diced
1/2 pound onions (1 cup) chopped	2 No. 3 cans tomatoes (8 cups)
1 bunch celery (1 to 2 cups finely cut with leaves)	3 teaspoons salt or to taste
	1/4 teaspoon or more of pepper

Wash the soup bone and be careful to remove all loose pieces of bone. Use a large kettle and add the water to the bone. Simmer for 2 to 3 hours. Add the vegetables, the salt and pepper and simmer until the vegetables are tender, but not broken. Remove the bone, cut off the meat, shred it and add to the soup.

Vegetable Soup (Dried Beans and Canned Vegetables)

1/2 pound (1-1/2 cups) dried lima beans	3/4 pound (1-1/2 cups) onions chopped
1 pint water	2 No. 2 cans (5 cups) corn
1 large soup bone cracked (5 or 6 pounds)	1 No. 2 can (2-1/2 cups) peas
5 quarts water	5 tablespoons salt
2 No. 3 cans (2 quarts) tomatoes	1/4 teaspoon pepper
	1 teaspoon celery seed

Soak the beans over night in the pint of water. Wash the soup bone, cover with the 5 quarts of water and simmer for 2 or 3 hours or until the meat is very tender. Remove the soup bone from the broth, cut off the meat and fat, discard the gristle and bone. Render the fat and cook the onion in it until slightly browned. Combine with the drained beans and the tomatoes, and add the mixture to the meat broth. Cook until the beans are tender, then add the other vegetables, the meat chopped, and the seasoning. Cook and stir to blend before serving.

MAIN DISHES

"Boiled" Ham

A 12 - 14 pound ham will serve 25 people. Wash and scrape the ham thoroughly, and place rind side up, on a rack in a ham boiler or a large kettle. Add water to cover. Partly cover the kettle with a lid. Cook the ham at simmering temperature (just below boiling) and keep it well covered with water. If desired add two or three bay leaves, several stalks of celery, a carrot or two, a sliced onion and about 1/2 cup of vinegar. Cook 25 to 30 minutes for each pound of ham or until the meat is tender, and if possible let it cool in the broth. When the ham is done, remove the rind and excess fat to make a smooth surface. Pat light brown sugar over the ham and stick cloves over the top. Bake the sugar-coated ham for about 10 minutes in a hot oven (500°F.) until the sugar has melted.

Baked Ham

Wash and scrape the ham thoroughly and soak overnight in a large pan with cold water to cover. In the morning wipe the ham dry and place it rind side up, on a rack in an open pan. Do not add water and do not cover. Bake the ham in a slow oven (260°F.), 25 to 30 minutes for each pound. When the ham is done remove the rind and finish as in the boiled ham.

Chicken Pie

3 fowls about 4 pounds each	2 green peppers, chopped
dressed and drawn	Flour
3 teaspoons salt	Tabasco sauce
1/2 pound (1 cup) onions, chopped	Pastry or biscuit dough
1 small bunch (1 cup) parsley, chopped	

Place the dressed fowls in a large kettle, barely cover with hot water, add the salt, partly cover the kettle, and simmer until tender (about 2 to 2-1/2 hours). Remove some of the fat from the top. Drain the fowls and either remove the meat from the bone in large pieces, or cut the fowls into serving pieces. Cook the onion, peppers and celery in the chicken fat for a few minutes. Measure the broth and for each cupful mix 1-1/2 tablespoons of flour with the fat and seasonings and cook for a few minutes. Add this to the broth and stir until thickened, then add the chicken, more salt if needed and a few dashes of Tabasco sauce. Line the sides of a large baking pan with pastry or rich biscuit dough. Pour in the hot seasoned chicken and cover with the pastry or a thin sheet of biscuit dough. Bake in a moderate oven (350°F.) until the crust is golden brown.

Creamed Chicken

3 fowls, about 4 pounds each, dressed and drawn	1/2 pound (1 cup) chopped onions
3 teaspoons salt	2 green peppers, chopped
2 small bunches (1 quart) chopped celery and leaves	Flour
	3 cups cream
	Tabasco sauce

Prepare the chicken as for chicken pie (see preceding page). Drain the pieces, remove the meat from the bones and cut in uniform pieces. Cook the celery, onion and pepper for about 15 minutes in the chicken fat. Measure the broth and for each cup of broth add 2 tablespoons of flour to the cream and mix until smooth. Stir this mixture into the broth until thickened. Add the chicken and seasonings, with more salt if needed. Stir and cook a few minutes longer. Serve on crisp toast or rice patties, or flaky boiled rice.

Creamed Chipped Beef on Toast

1/2 pound (1 cup) butter or other fat	1 cup flour
1 pound dried beef	25 to 30 slices crisp toast
3 quarts milk	Parsley, finely chopped

Melt the fat in a large frying pan, add the beef broken into small pieces. Cook and stir until the beef has crisped. Pour in 2-1/2 quarts of milk and heat slowly. Mix the remaining milk with the flour and pour into the mixture and stir until it has boiled about 5 to 10 minutes. Serve on toast and sprinkle the top with parsley.

Ground Beef Broiled on Toast

5 pounds (10 cups) twice ground beef	Salt
1 cup top milk	Pepper
30 to 35 slices bread	

Toast slices of bread on one side. Spread the untoasted side lightly with butter and sprinkle with salt and pepper. Mix the meat and top milk until thoroughly blended and season lightly with salt and pepper. Spread the meat mixture over the untoasted side of the bread slices, covering evenly to the very edge. Broil for 5 to 10 minutes. Pour melted butter over the meat and serve with a sliced raw onion.

Sausage and Hominy

3 No. 3 cans (3 quarts) cooked hominy	2 to 2-1/2 pounds (4 to 5 cups)
2 cups milk	sausage meat
2 teaspoons salt	

Heat the hominy with the milk and salt in a double boiler. Stir and cook until the hominy is very tender. Fry the sausage in small pieces until crisp and brown. Mix the sausage and some of the fat with the hominy and serve. If preferred, the mixture may be browned over low heat, using the fat from the sausage. Turn out on a hot platter and serve.

Vegetable Stew with Codfish

3/4 pound (1-1/2 cups) green split peas	1 No. 1 can (1-1/2 cups) string beans
1 pound dried salt cod, cut in cubes	1 No. 2 can (2-1/2 cups) tomatoes
Water	1 No. 2 can (2-1/2 cups) corn
1/2 pound (1 cup) chopped onions	1 tablespoon salt
3 pounds (9) potatoes, cut in quarters	

Wash the peas and soak them for 12 hours or longer in a quart of water. Soak the codfish in water to remove some of the salt. Discard the water from both. Boil the drained peas and onions in 2 quarts of fresh water about 45 minutes, then add the potatoes and codfish. When these are almost tender add the string beans, tomatoes, corn, and salt. Stir and boil about 10 minutes. Serve over crackers

Codfish Balls

3 pounds salt codfish	8 eggs
Cold water	Fat for frying
6 pounds potatoes (3 quarts) mashed, seasoned with milk and butter or other fat	

Cut the codfish into small pieces and soak in 3 or 4 quarts of cold water for about 2 hours. Drain. Cover with fresh water and simmer for about 30 minutes. Place the fish in a double layer of cheesecloth, press out all the liquid, shred the fish and remove all the bones. Mix the shredded fish, hot mashed potatoes and eggs, well-beaten, beat the mixture until it is light, and add salt if necessary. Drop by spoonfuls into a kettle of fat that is hot enough to brown a one-inch cube of bread in 40 seconds. When the fish balls are golden brown, drain on absorbent paper and serve at once, garnished with cress or parsley.

Boiled Dinner

8 pounds corned beef	8 pounds potatoes (25)
8 quarts cold water	6 pounds (3 large heads) cabbage
3 to 4 pounds large onions, (about 12 to 14) cut in half	

Wash the beef, and prepare the vegetables. Cover the beef with the water, bring to the boiling point. If the water is very salty, discard this water and cover the meat again with 8 quarts of water and simmer until tender. Take the meat out of the broth thus made and to this broth add the onions and cook for about 30 minutes. Then add the potatoes, pared, and when they are almost done, add the cabbage, cut in eights or quarters, depending upon the size of the cabbage head. Leave a thin piece of the heart of each section to hold the cabbage leaves together. Cook for about 15 minutes or until all the vegetables are tender.

Beef Stew

4 pounds stew beef cut in small pieces	1 No. 10 can (3 quarts) tomatoes
1-1/2 pounds (3 cups) chopped onions	3 tablespoons salt
1/4 cup flour	1/2 teaspoon pepper
2 quarts water	3 pounds (2 quarts) diced potatoes

Cut the fat from the meat, try out, and when crisp add the onion and cook until lightly browned. Roll the meat in the flour and brown it in the frying pan with the onion. Add the water and simmer until the meat is almost tender then put in the tomatoes, potatoes, salt and pepper. Continue to cook slowly until the stew has thickened and the potatoes are tender.

Kidney Stew

6 beef kidneys	Butter
Water	Salt and pepper
3 pounds (2 quarts) diced potatoes	Parsley
1/4 pound (1/2 cup) chopped onions	Lemon juice
Flour	

Wash the kidneys well, remove the skin and most of the fat. Cover with cold water, heat slowly to the boiling point, discard the water and repeat the process until there is no strong odor. Then add about 4 quarts fresh water and simmer until the kidneys are tender. Drain and cook the potatoes, and the onion in the broth, then add the kidneys cut in small uniform pieces. Thicken with a paste of flour and butter and cook a few minutes longer. Season to taste with salt, pepper, chopped parsley and lemon juice.

Lamb Stew

4 pounds stewing lamb	1-1/2 pounds (1 quart) diced potatoes
4 quarts water	
2 pounds (3 pints) diced carrots	3 tablespoons salt
3/4 pound (1-1/2 cups) chopped onions	1/4 teaspoon pepper
	1 cup flour

Breast, shoulder, neck or flank may be used for lamb stew. Wipe the meat and remove some of the fat. Add the water to the meat and simmer until very tender. Remove the bones and gristle and chop the meat into small pieces, so it will be well distributed in the servings. Fry the fat until crisp, add the onion and carrots and cook until somewhat browned. Remove about 1 pint of the liquid, cool it and mix with the flour until smooth. Cook the vegetables in the meat broth and when barely tender, stir in the flour-and-water mixture and the meat. Add salt and pepper. Cook about 10 minutes longer and serve.

Meat and Vegetable Stew

1/2 pound (1-1/2 cups) dried lima beans	2 bunches (10) carrots, chopped
4-5 pounds soup bone with meat	1 pound (1-1/2 pints) diced turnips
5 quarts water	3 pounds (2 quarts) diced potatoes
1/2 pound (1 cup) salt pork cut in small pieces	1 No. 2 can (2-1/2 cups) tomatoes
1/2 pound (1 cup) chopped onions	2 tablespoons salt

Wash the beans and soak them 12 hours or longer. Scrub the soup bone well, add the water and simmer for about 3 hours, partly covered, until the meat is tender. Remove from the broth. Add the drained beans to the broth and cook about 25 minutes. Brown the salt pork, remove the crisped pieces and cook the onion in the fat until slightly browned. Add the onions with the carrots, turnips, potatoes and tomatoes to the beans. Boil about 15 minutes and stir in the meat, removed from the bone and chopped. Add the salt and the salt pork. Cook a little longer or until the vegetables are tender.

Ox Tail Stew

1/2 pound (1 cup) beef suet, cut small	1 pound (1-1/2 pints) diced carrots
6 ox tails	5 teaspoons salt
1/2 pound (1 cup) chopped onions	Pepper
3 quarts water	1/2 cup flour
1 pound (1-1/2 pints) diced potatoes	1/4 cup chopped parsley
1 pound (1-1/2 pints) diced turnips	

Render the beef suet. Disjoint the ox tails into short lengths, wash, wipe dry and cook until brown in the fat. Remove the meat and cook the onion in the drippings. Add to the meat and water and simmer for about 3 hours or until the meat falls from the bones. Remove the bones so far as possible, then add the potatoes, turnips and carrots and cook until the vegetables are almost tender. Add the seasoning. Remove about 1 cup of the liquid, cool it, and mix with the flour until smooth, then stir into the stew until thickened. Cook 10 minutes longer.

Eggs in Pepper Rings

8 large green peppers	Salt
25 eggs	Pepper
1-1/2 cups top milk	4 cups buttered bread crumbs

Wash and cut the peppers in 1/2 inch slices crosswise. Remove the seeded portion, boil the pepper rings for 5 minutes and drain. Put the rings in hot greased shallow baking dishes. Break an egg into each ring. Sprinkle with salt and pepper and pour the milk over the eggs. Cover with buttered crumbs and bake in a moderate oven (350° F.) until the eggs are set and the crumbs are lightly browned. Serve from the baking dish.

Eggs and Rice in Tomato Sauce

1-1/2 pounds (3 cups) rice	1/2 cup flour
1 No. 10 can (3 quarts) tomatoes	Salt
2 bay leaves	Pepper
1/4 pound (1/2 cup) chopped onions	25 eggs
6 to 8 cloves	1/2 pound (2 cups) grated cheese
1/4 pound (1/2 cup) melted butter	3 cups buttered bread crumbs

Cook the rice in a large quantity of gently boiling salted water for about 20 minutes, or until tender, wash in hot water, drain, and let it steam and swell over hot water. Prepare a sauce by cooking the tomatoes and seasonings for 10 minutes, strain and thicken with the blended fat and flour. Make a layer of the hot rice in shallow greased baking dishes, drop the raw eggs carefully on the rice, pour the hot sauce over them and sprinkle the top with the mixed cheese and crumbs. Bake in a slow oven (300 - 325° F.) until the eggs are set. Serve from the dish.

Italian Rice

1-1/2 pounds (3 cups) rice	1/2 pound (2 cups) grated cheese
2 No. 3 cans (2 quarts) tomato puree	Salt
3 green peppers, chopped	Pepper
1/8 pound (1/4 cup) butter or other fat	

Cook the rice in a large quantity of gently boiling salted water until tender, then drain, and mix with the tomato puree. Cook the pepper in the fat for about 5 minutes and add with the cheese to the rice and tomato mixture. Heat slowly, stir until the cheese has melted. Season to taste with salt and pepper.

Kidney Bean and Rice Stew

2 pounds (4-2/3 cups) kidney beans	2 No. 3 cans (2 quarts) to-
3 quarts water	matoes
1 pound (2 cups) diced salt pork	Salt
1/2 pound (1 cup) rice	Pepper
6 ounces (3/4 cup) chopped onions	

Wash the beans thoroughly and soak over night in the water. Simmer in the water in which soaked for about 1 hour or until nearly tender. Fry the salt pork until crisp, remove and cook the onion in the fat, stirring frequently. Wash the rice, add with the onion to the beans and boil gently about 10 minutes. Add the tomatoes with salt and pepper to taste. Stir and bring to a boil then boil for about 10 minutes or until the beans and rice are tender. Add the crisped pork just before serving.

Cheese Toast

2-1/2 pounds cheese	1/4 teaspoon Tabasco sauce or
2-1/2 cups top milk	a little red pepper
5 tablespoons flour mixed with	Onion juice if desired
5 tablespoons water	2-1/4 teaspoons salt
5 eggs	3 teaspoons baking powder
	30 to 35 slices of bread

Shave the cheese into small thin pieces. Heat the milk in a double boiler, thicken with the flour mixed with the water, and cook for 5 minutes. Beat the eggs, add some of the hot mixture to them, and return to the double boiler, with the cheese and the seasonings. Cook slowly, stirring until the cheese has melted and the mixture is thick and creamy. Allow it to cool, then add the baking powder.

Toast one side of the bread. Spread the cheese mixture thickly on the untoasted side, and to the very edge, otherwise the edges become brown and hard. Brown the cheese delicately under a low flame or in the oven. If desired, place a strip of crisp bacon across each slice of cheese toast. Serve it hot from the oven.

The cheese mixture may be prepared, except for the baking powder, the day before it is to be used. Since it stiffens on standing, heat until soft in a double boiler, let it cool, add the baking powder, and then spread the cheese on the toast.

Fried Cheese Mush

3 pound (2 quarts) corn meal	3 to 4 tablespoons salt
2 quarts cold water	1 pound (4 cups) sharp cheese grated
3 quarts boiling water	1/2 pound (1 cup) fat for frying

Mix the corn meal and the cold water. Add the boiling water and salt and cook in a double boiler for an hour or longer. Add the cheese and stir until it melts, then pour into dampened loaf-bread pans. Stand in a cold place until firm. Cut in slices about 1/2 inch thick, sprinkle lightly with flour and brown slowly on both sides in fat. Serve plain or with tart jelly.

Vegetables with Macaroni

3 pounds (2 quarts) diced carrots	1 pound macaroni in 1 inch
3 pounds (3 quarts) string beans	pieces (5 cups)
3 pints water	2 No. 2 cans (5 cups) peas
1 pound (2 cups) diced salt pork	Salt
1-1/2 pounds (3 cups) chopped onions	Pepper

Cook the carrots and beans in the lightly salted water until just tender. Fry the salt pork until very crisp and brown. Remove the pork and fry the onion in the fat. Cook the macaroni in boiling salted water until tender, wash in hot water and drain. Mix all ingredients, season with salt and pepper, and heat and serve.

VEGETABLES

Quick-Cooked Cabbage

8 pounds (8 quarts) chopped cabbage	1/4 cup flour
2 quarts hot milk	Salt
1/4 pound (1/2 cup) butter	1 cup cream or top milk

Chop the cabbage fine, stir and simmer in the hot milk for about 15 minutes over the direct flame, then put over water. Blend the flour and butter, and stir into the cabbage and milk until thickened. Add the cream or top milk, with salt to season. Cook a few minutes longer, then serve.

Scalloped Cabbage and Apples

8 pounds (8 quarts) shredded cabbage	2 tablespoons sugar
7 to 8 pounds (5 quarts) sliced tart apples	1/2 pound (1 cup) butter or other fat
2 tablespoons salt	1-1/2 quarts buttered bread crumbs

In greased baking dishes, place alternate layers of the cabbage and apples. Season each layer with salt and fat and a sprinkling of sugar.

Over the last layer spread the buttered crumbs. Cover and bake in a moderate oven (350° F.) for about 35 minutes, or until the cabbage and apples are tender.

When nearly done, remove the cover so the crumbs can brown.

Baked Tomatoes

Wash tomatoes of uniform size, remove the stem ends, and cut in half. Place on shallow greased baking pans, sprinkle with salt and pepper and cover with buttered bread crumbs. Add a very small quantity of water to keep the tomatoes from burning on the bottom. Bake in a moderate oven (350° F.) for about 30 minutes or until the tomatoes are tender and the crumbs are brown.

Broiled Tomatoes

Cut the tomatoes in medium slices, sprinkle with salt, pepper, and dot with butter. Place under the flame of the broiling oven until the tomatoes are tender and lightly browned. Serve on slices of buttered toast.

Tomatoes and Corn

4 No. 3 cans (4 quarts) tomatoes	Butter or other fat
1/4 pound (1/2 cup) finely chopped onions	Salt
2 No. 2 cans (5 cups) crushed corn	Pepper

Boil the tomatoes and onion about 10 minutes. Add the corn, season to taste with butter or other fat, salt and pepper. Stir and boil about 5 minutes.

Tomatoes and Celery

4 No. 3 cans (4 quarts) tomatoes	Salt
4 small bunches (2 quarts) cut celery	Pepper 2 or 3 tablespoons butter

Simmer the tomatoes and celery together until the celery is cooked but still somewhat crisp. Season to taste with salt and pepper and add the butter.

Fried Cucumbers

16 medium sized cucumbers	3/4 pound (3 cups) sifted flour
3 eggs	1-1/2 teaspoons salt
3 cups milk	

Pare the cucumbers and cut them lengthwise in thin slices. Beat the eggs slightly, add the milk and pour into the sifted flour and salt. Stir until smooth. Dip the cucumber slices into this batter and brown them on both sides in hot shallow fat. Drain on absorbent paper and serve hot. Eggplant and ripe and green tomatoes may be sliced and fried in the same way.

Harvard Beets

6 bunches (25 to 30) medium sized beets	5 tablespoons cornstarch 1/4 pound (1/2 cup) butter
1-1/4 pounds (2-1/2 cups) sugar	
2-1/2 teaspoons salt	
2-1/2 cups vinegar	

Wash the beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar, cornstarch and salt, add the vinegar and boil for 10 minutes, stirring constantly. Add the butter and mix well. Pour this sauce over the beets and let them stand a short while to absorb the sweet-sour flavor of the sauce.

Broccoli

Trim off and discard the large tough leaves and lower portion of the stalks. Thoroughly wash the remaining center stalks with flower heads attached and cut lengthwise into strips. Barely cover with boiling water, add salt and do not cover the kettle. Boil gently for 15 to 25 minutes. As soon as the stalks are tender and while the color is still green, drain and serve with melted butter, seasoned with salt and pepper, or serve with Hollandaise sauce.

Baked Hubbard Squash

3 six-pound squashes
Salt

Pepper
Butter or other fat

Wash the squash and cut in pieces about 5" square. Remove the seeds and stringy portion. Put in greased shallow pans, skin side down, sprinkle with salt, pepper and pour melted butter or other fat over the top. Cover and bake in a moderate oven (350° F.) for 1 hour or until the squash is tender.

Mashed Turnips

7 pounds turnips (10-1/2 pints)
sliced
Cream

Butter
Salt

Pare the turnips and cut in thin slices. Boil in a small quantity of salted water for about 20 minutes or until tender. Press through a colander and season with cream, butter and salt. Sprinkle paprika over the top before serving.

Browned Potatoes and Onions

8 pounds (25) potatoes, medium size
3 pounds (12) onions, medium size
Salt

Pepper
Flour
Beef drippings

Pare the potatoes and parboil them in salted water. Cut the onions in half and place them in a shallow pan with the potatoes. Sprinkle with salt and pepper and flour slightly. Cover both vegetables with beef drippings and bake in a moderate oven. Cook until the vegetables are tender, turning them so they will brown on both sides. Carrots can be used in place of potatoes, but do not precook them.

Whole carrots and whole apples, with a little salt, sugar and butter, cooked in a covered casserole, are excellent.

Candied Sweetpotatoes

8 pounds sweetpotatoes (25) of
uniform size
1-1/2 pints white corn syrup

3/4 pound (1-1/2 cups) sugar
1-1/2 teaspoons salt
1/2 pound (1 cup) butter

Partially cook the sweetpotatoes in boiling water. Cool and skin them and cut them in half lengthwise. Put in a greased shallow pan, large enough for one layer, not packing too closely. Boil the corn syrup, sugar, salt and butter until fairly thick. Pour the syrup over the sweetpotatoes and bake in a very moderate oven (325° F.) for 1 hour or more. Turn the halves carefully so they may brown on both sides.

SALADS

Chicken Salad

3 chickens 5 to 5-1/2 pounds each,	1/2 cup Tarragon vinegar
dressed and drawn or 4 to 5 quarts	1 cup chicken fat
diced cooked chicken	6 small bunches (3 quarts) cut celery
1 tablespoon salt	1 bottle capers in vinegar
1 onion sliced	Tabasco sauce
1/2 cup cider vinegar	1 quart thick mayonnaise
	3 heads lettuce

Simmer the chickens until tender, in water just to cover. When about half done, add the salt. Let the chickens cool in the broth. When cold skim off and reserve the fat from the top of the broth. Drain the chickens. Remove the skin, strip the meat from the bones and cut it into small pieces of uniform size. In the meantime allow the onion to soak in the mixed vinegars. Mix a cup of the chicken fat with this vinegar and pour over the cut chicken, adding more salt and vinegar, if needed. Let this stand in a cold place to marinate for several hours. Clean and cut the celery and some of the tender leaves and chill until crisp. Mix enough thick well-seasoned mayonnaise with the chicken to coat it well. Shortly before serving, add the celery, Tabasco sauce, and capers, mix carefully, and add more salt and mayonnaise, if needed. Pile the salad lightly on crisp lettuce and serve at once. Garnish with sliced hard-cooked egg or strips of pimiento, if desired.

Fish Salad

4 one-pound cans (8 cups) salmon or tuna	2 cups Mayonnaise
6 bunches (3 quarts) celery cut small	Salt
	3 heads lettuce

or

4 one-pound cans (8 cups) salmon or tuna	1/2 pound (1 cup) onions chopped
3 pounds (3 quarts) shredded cabbage	2 cups Mayonnaise
2 pounds (6) tart apples, diced	

or

4 one-pound cans (8 cups) salmon or tuna	1/2 pound (1 cup) onions chopped
1-1/2 pounds or 8 to 10 cups flaky cooked rice	2 cups Mayonnaise

Discard the skin and bones from the fish and separate it into small pieces. Mix all ingredients with mayonnaise, adding salt if needed. Serve on crisp lettuce, or with cross, endive or other crisp greens.

Potato Salad

8 pounds (20 to 25) potatoes	1/2 pound (3 to 4) green peppers
4 bunches (2-1/2 quarts) celery cut small	cut fine
1/4 pound (1/2 cup) finely chopped onions	Salt
	2 to 3 cups mayonnaise or cooked dressing
	3 heads lettuce

Boil the potatoes, in their jackets, in salted water until tender but not soft. Cool slightly. Remove the skins and cut the potatoes in cubes of uniform size. Mix with mayonnaise and chill. Just before serving, add the vegetables, salt to season, and more mayonnaise. Chill and serve on crisp lettuce leaves. If cooked salad dressing is used, pour it over the potatoes while both the potatoes and dressing are hot. When cool add the celery, onion and green pepper. Chill and serve on the crisp lettuce.

Raw Vegetable Salad

Mix any desired combination of fresh raw vegetables or greens, such as shredded cabbage, lettuce, and carrots, sliced onions, radishes, cucumbers or tomatoes, cut celery, cress, endive, or chicory. Toss these in French dressing just before serving or serve with mayonnaise or cooked salad dressing.

Jellied Vegetable Salad

3 ounces (3/4 cup) gelatin	2 green peppers -- chopped fine
1 pint cold water	1 small bunch (2 cups) celery
1 No. 10 can (3 quarts) tomatoes	chopped fine
1/2 pound onions, sliced	4 tablespoons chopped parsley
2 tablespoons salt	1 pound (1 quart) shredded cabbage
1 tablespoon sugar	3 heads lettuce
	2 cups mayonnaise

Soak the gelatin in the cold water for 5 minutes. Boil the tomatoes and onions for 5 minutes, strain through a fine sieve, pour over the softened gelatin. Add the salt and sugar and stir until all are dissolved, then chill. When the gelatin mixture has partially set, add the vegetables and mix well. If not tart enough, add lemon juice or vinegar and more salt if needed. Pour into dampened paraffin cups or other molds and put in a cold place until set. Turn out on crisp lettuce and serve with mayonnaise.

Cabbage and Carrot Salad with Peanuts

5 pounds (5 quarts) shredded cabbage	1 pound (2-1/2 cups) chopped peanuts
4 bunches (20) raw carrots, scraped and grated	2 cups salad dressing, highly seasoned

Mix the cabbage, carrots, peanuts and salad dressing. Chill thoroughly and serve.

Cabbage and Celery Salad with Canned Peas

4 No. 2 cans (2 quarts) peas	Salt
2-1/2 pounds (2-1/2 quarts) shredded cabbage	3 heads lettuce
4 small bunches (2 quarts) celery cut small	Mayonnaise
	Chopped red pepper or pimiento

Open the peas some hours before serving, drain (saving the liquid for soup) and chill. Mix all the vegetables and add salt and mayonnaise to season. Serve on crisp lettuce leaves.

Beet and Potato Salad

5 bunches (25) beets	Salad dressing
5 pounds (15) potatoes	Crisp salad greens (lettuce, en- dive chicory)
4 bunches (2 quarts) celery cut small	

Boil the beets until tender, skin, cut in cubes. Cook the potatoes and dice them, clean and cut the celery. Just before serving mix all the ingredients with any well seasoned salad dressing and serve on crisp salad greens. Do not mix earlier because the beets will color all the other ingredients.

Mixed Fruit Salad

6 large grapefruit	2 No. 3 cans peaches
1 dozen oranges	1/2 dozen bananas
2 No. 3 cans sliced pineapple	3 heads lettuce

Prepare the grapefruit and oranges carefully and save all the juice. Drain and cut the pineapple and peaches in uniform pieces. Peel and scrape the bananas just before serving and cut them. Combine the fruit and serve on crisp lettuce leaves with mayonnaise or French dressing. Combine the fruit juices for use in salad dressing or in fruit cocktail.

Pear and Cheese Salad

3 No. 2-1/2 cans pears	3 heads lettuce, shredded
1 pound (4 cups) sharp, yellow, grated cheese	About 1-1/2 cups mayonnaise

Drain the pears and chill. Reserve the liquor for other use. When time for serving, place one half of the pear, with core side down, on a bed of shredded lettuce, and sprinkle the cheese over the pear. Serve with mayonnaise.

Banana Salad

13 bananas	3 heads lettuce
1/2 pound (1-1/4 cups) finely chopped peanuts	Mayonnaise or French dressing

Peel the bananas and scrape off the fibers, cut in half lengthwise and again in half if large. Roll in the nuts and serve on lettuce with mayonnaise or French dressing.

Pineapple, Cheese and Date Salad

3 No. 3 cans sliced pineapple (24 slices)	2 packages pitted dates (4 cups), chopped
1 pound cream cheese	3 heads lettuce
	Mayonnaise

: Drain the pineapple and reserve the juice for other use. Season the cheese with salt and make into balls. Place each piece of pineapple on the crisp lettuce leaves and garnish with the cheese balls and dates. Serve with mayonnaise.

The dates and cheese can be mixed, seasoned, and served over the pineapple.

QUICK BREADS, COOKIES AND CAKES

Biscuits

2 pounds (2 quarts) sifted flour	6 ounces (3/4 cup) fat
3 teaspoons salt	3 to 3-1/2 cups milk
3 tablespoons baking powder	

Sift the dry ingredients together and cut in the fat with a biscuit cutter. Make a well in the mixture, add the milk slowly and stir from the center with a fork, until a soft dough is formed. Toss 1/2 of the dough at a time on a lightly floured board. Knead for a few seconds until smooth, then with the palm of the hand press into a sheet about 1/2 inch thick. Cut into small rounds and bake in a hot oven (400° F.) for about 15 minutes or until brown. Serve at once, hot from the oven.

Cranberry Muffins

4 eggs	4 tablespoons baking powder
3 cups milk	3/4 pound (1-1/2 cup) sugar
1/2 pound (1 cup) melted butter	2 teaspoons salt
2 pounds (2 quarts) sifted flour	1 pound (4 cups) cranberries

Beat the eggs well, add the milk and melted fat. Sift the dry ingredients together, and stir in the liquid until just mixed. Wash and drain the berries well and roll them in $1/2$ cup of sugar. Fold into the batter until just blended. Fill greased muffin pans about $2/3$ full and bake in a hot oven (400° F.) for about 20 minutes or until brown. Serve at once.

Variations : To make blueberry, huckleberry or date muffins, use the same recipe, with the following exceptions:

Do not roll these fruits in sugar, therefore only $1/2$ lb. (1 cup) will be needed.

Chop the dates and use 2 cups instead of 4.

Quick Coffee Cake

2 pounds (2 quarts) sifted flour	$3/4$ pound (2 cups) citron or other
3 teaspoons salt	candied fruit, cut in small
$1/4$ pound ($1/2$ cup) sugar	pieces
3 tablespoons baking powder	2 cups milk
$1/2$ pound (1 cup) butter	1 pound ($2-1/8$ cups) seeded raisins
	cut in small pieces

Sift the dry ingredients together, reserving $1/2$ cup of flour for the fruit. Cut in the butter, add the milk and the fruit after it has been well mixed with the flour. Knead the dough slightly, then roll into shapes about 2 inch thick. Bake in a greased shallow pan in a moderate oven (350° F.) from 35 to 40 minutes or until lightly browned. Mix 1 cup finely chopped nuts, $3/4$ cup sugar and 2 teaspoons of cinnamon. Butter the top of the cake and spread this mixture over the butter. Return to the oven until the sugar has melted.

Date Bars

6 eggs	2 teaspoon baking powder
1 pound (2 cups) sugar	$1-1/2$ pounds (3 cups) chopped dates
$1/2$ pound (1 pint) sifted flour	$3/4$ pound (2 cups) chopped nuts
1 teaspoon salt	

Beat the eggs, add the sugar, the sifted dry ingredients, the dates and nuts, and mix well. Bake in greased shallow pans in a very moderate oven (about 325° F.) from 30 to 40 minutes. When cool cut in bars and roll in powdered sugar. Store in a tin box until served.

Crisp Nut Cookies

2 eggs	1 pound (1 quart) sifted flour
1/2 pound (1 cup) butter or other fat	4 teaspoons baking powder
3/4 pound (2 cups) light brown sugar	1 teaspoon salt
2 teaspoons vanilla	3/4 pound (2 cups) finely chopped nuts

Beat the eggs. Cream the fat and sugar, add the eggs and the vanilla and beat well.

Sift the dry ingredients together, and with the nuts stir well into the first mixture, making a stiff dough. Shape into a roll of desired size, cover with waxed paper and chill thoroughly. When cold cut in thin slices with a sharp knife. Bake the slices about 10 minutes in a moderately hot oven (375° F.), or until lightly browned. Remove from the pan at once.

Brownies

1/2 pound unsweetened chocolate	4 teaspoons baking powder
1 pound (2 cups) butter or other fat	2 teaspoons salt
1 pound (1 quart) sifted flour	8 eggs
1-1/2 pounds (1 quart) finely chopped nuts	2 pounds (4 cups) sugar
	2 teaspoons vanilla

Melt the chocolate and fat together, over steam. Sift the flour with the baking powder and salt, and stir in the chopped nuts. Beat the eggs slightly, add the sugar, flour and nut mixture. Stir in the cooled chocolate and fat, and add the vanilla. Pour into warm greased shallow pans lined with greased paper, spreading the mixture evenly. Bake in a very moderate oven (325° F.) for 45 to 60 minutes, depending on the thickness of the layer. Turn out the cake while it is hot and remove the paper at once. Cut the cake into short strips or squares. Store in a tin box until served.

Orange Drop Cookies

1/2 cup grated orange rind	3/4 cup orange juice
6 ounces (3/4 cup) butter	1-1/2 pounds (1-1/2 quarts) sifted flour
1-1/2 pounds (3 cups) sugar	3 tablespoons baking powder
6 eggs	1-1/2 teaspoons salt

Cream together the grated orange rind, butter and sugar. Add the eggs, well beaten, the orange juice and the sifted dry ingredients. Drop the batter by small spoonfuls onto greased baking sheets and bake in a moderately hot oven (375° to 400° F.) for about 10 minutes or until lightly browned.

Foundation Cake

6 eggs	2-1/2 tablespoons baking powder
1/2 pound (1 cup) butter or other fat	1/2 teaspoon salt
1-1/2 pounds (3 cups) sugar	1 pint (2 cups) milk
1-1/2 pounds (6 cups) sifted flour	1 teaspoon vanilla

This recipe serves 12 or 13, and for best results should be made up twice to serve 25 rather than to make double the quantity at once.

Separate the whites and yolks of the eggs. Cream the fat and sugar together, add the beaten egg yolks, and beat well. Mix and sift the dry ingredients and add alternately with the milk to the first mixture. Fold in the well-beaten egg whites and the flavoring. Bake in greased layer cake pans in a moderately hot oven (375° F.) for about 15 to 20 minutes or until lightly browned. When the cake has cooled put the layers together with chocolate or other frosting.

Variations:

- (1) Add 1 cup seedless raisins or 2 cups finely chopped dates, figs or nuts to the batter.
- (2) Bake the batter in muffin pans, remove the centers of the cakes and fill with sweetened fruit just before serving.
- (3) Bake in shallow pans, frost and cut in squares for serving or cut in diamonds and ice on all sides with a variety of colored frostings.
- (4) Sprinkle chopped nuts or cocoanut over the frosting.
- (5) Bake the batter in a round layer and use for Washington pie by cutting the layer in two, spreading jam or jelly between, and sprinkling with powdered sugar. For a Boston cream pie make a rich custard cream for the filling. Lemon butter also can be used as a filling.

Frostings

1-1/2 pounds (3 cups) sugar	3 egg whites
3/4 cup cold water	1-1/2 teaspoons vanilla or other
3/4 teaspoon salt	flavoring

Put the sugar, salt, water and unbeaten egg whites into the upper part of a large double boiler over boiling water. Begin at once to beat the mixture with a large rotary beater as it cooks and beat constantly for about 20 minutes or until the frosting holds its shape. Remove from the heat, add the vanilla and continue to beat with a spoon until the frosting does not run. Spread over the cakes at once.

Variations

- (1) Add 3 ounces (3 squares) of melted unsweetened chocolate to the cooked frosting and beat until thick.
- (2) Pour melted, unsweetened chocolate over the top of a cake covered with a white frosting which is delicately flavored with peppermint. Do not spread the melted chocolate, but allow it to run as it will.
- (3) Maple, almond, orange, lemon or other flavorings may be used. If almond flavoring is used the quantity should be reduced by half.
- (4) Chopped nuts or cocoanut may be used in addition to the frosting between the layers and on top of the cake.

DESSERTS

Bread Pudding

4 quarts milk
2 quarts bread crumbs
1 teaspoon salt
1 pound (2 cups) sugar

1/4 pound (1/2 cup) butter
1 pound (3 cups) seedless raisins
4 teaspoons vanilla
12 to 16 eggs

Scald the milk with the breadcrumbs, salt, sugar, and butter. Reserve 1/2 of the whites of the eggs for meringue, beat the rest with the yolks. Pour some of the hot mixture into the well-beaten eggs, then combine all of the ingredients. Pour into greased pudding dishes and set in pans of hot water. Bake in a moderate oven (350° F.) for about 1 hour or until almost set in the center, then stir well to prevent the raisins from settling. Cover the puddings with meringue and finish in a very moderate oven (325° F.) for 15 to 20 minutes or until the meringue is lightly browned. Serve hot, garnished with bits of tart jelly.

To make the meringue beat the egg whites well, add 2 tablespoons of sugar for each white, and add a little salt and vanilla.

Baked Custard

25 eggs
5 quarts hot milk
1/2 teaspoon salt
1 pound (2 cups) sugar

4 teaspoons vanilla
Butter
Nutmeg or cinnamon
Red tart jelly

Beat the eggs slightly, add the hot milk and sugar and stir until the sugar is dissolved. Add the vanilla and salt and strain. Pour the custard into individual cups and place in a pan surrounded by hot water. Dot each custard with butter and sprinkle with nutmeg or cinnamon. Bake at a moderate oven temperature (about 350° F.) until the custard is "set" in the center (a knife will come out clean when the custard is baked). Special care must be taken with baked custards. If cooked at a high temperature or too long they become watery. Remove the custards from the pan of water as soon as cooked and serve at once or chill. The red tart jelly adds to the flavor and appearance of the custard.

Baked Bananas

25 ripe bananas	1/2 pound (1 cup) sugar
3 lemons (about 1/2 cup) lemon juice)	1/2 teaspoon salt
1/4 pound (1/2 cup) melted butter	

Select ripe but firm bananas, skin them, scrape off the stringy fibers. Cut the peeled bananas in half lengthwise. Place in a single layer in greased shallow pans, pour over them the lemon juice and butter. Sprinkle with the sugar and salt mixed together. Bake in a moderate oven (350° F.) for about 25 minutes.

Corn Starch Pudding with Fruit Sauce

2-1/2 quarts milk	1/2 to 3/4 teaspoon salt
1/4 pound (1 cup) corn starch	2 teaspoons vanilla
3/4 pound (1-1/2 cup) sugar	3 quarts, sweetened crushed, fresh or canned fruit.

Heat the milk in a double boiler. Mix the cornstarch, sugar and salt. Pour some of the hot milk into this, stir until smooth and add the mixture to the milk in the double boiler. Stir until thickened, cover and cook for 30 minutes. Beat well, add the vanilla, and pour into dampened individual molds. Chill thoroughly. Unmold. Pour the crushed fruit over, and serve.

Apricot or Cranberry Pudding

2 pounds dried apricots or 2 pounds (2 quarts) fresh cranberries	1 teaspoon salt
1-1/2 pounds (6 cups) sifted soft- wheat flour	1/2 pound (1 cup) butter or other fat
8 teaspoons baking powder	2 pounds (4 cups) sugar
	8 eggs
	2 cups milk

For apricot pudding, wash the apricots, drain well, and dry, chop fine and mix with 1/2 cup of the flour. Sift the remaining flour with the baking powder and the salt. Cream the fat, add the sugar and the eggs, well-beaten. Add the sifted dry ingredients alternately with the milk. Stir in the chopped apricots. Pour into greased molds, cover and steam for 2 hours. Serve hot with hard sauce.

For cranberry pudding, wash and dry the cranberries but leave them whole and mix with 1/2 cup of the flour before combining with the batter.

Fruit Gelatin Mold

1-1/2 ounces (6 tablespoons) gelatin	3 cups white grapes
2 quarts water	1 No. 3 can white cherries
3/4 pound (1-1/2 cups) sugar	Combined fruit juices
3/4 teaspoon salt	3 lemons (about 1/2 cup juice)
1 No. 3 can peaches	1 quart double cream whipped
1 No. 3 can pineapple	

Soak the gelatin in 2 cups cold water for 5 minutes. Make a syrup of the remaining 6 cups water, the sugar and salt, and while still hot pour it over the gelatin, stirring until the gelatin has dissolved. Drain the fruit, add the fruit juices and the lemon juice to the gelatin mixture and chill.

In the meantime cut the large fruits in uniform pieces, seed the grapes, and remove the stones from the cherries. When the gelatin mixture is semi-solid, add the fruit and stir gently until well-mixed. Pour into dampened molds and chill. When this mixture is set turn it out and serve with sweetened whipped cream.

Spiced Prunes

3 pounds dried prunes
3 quarts hot water
1-1/2 pounds (3 cups) sugar
12 whole allspice

12 whole cloves
8 small pieces stick cinnamon
1/4 teaspoon salt
3/4 cup vinegar

Select large prunes, wash well, and soak in the water until plump. Add the sugar and the spices tied loosely in a cheese cloth bag and simmer for 10 to 15 minutes. Remove the prunes, add the salt and vinegar and cook until the syrup is fairly thick. Add the prunes while the syrup is hot. Remove the spice bag, and serve the prunes either hot or cold.

SAUCES AND SALAD DRESSINGS

Barbecue Sauce

5 pounds fresh marrow bones
2 quarts water
5 No. 3 cans (5 quarts) deep red tomatoes
4 garlic buttons, cut fine
4 whole bay leaves
2 tablespoons celery seed
4 tablespoons salt
2 tablespoons sugar

12 cloves
2 green peppers, cut in halves and seeds removed
1 lb. (4) large well-flavored onions, sliced
1 bottle Worcestershire sauce
3 cups vinegar
3 to 4 tablespoons grated horseradish

5 or 6 dashes of Tabasco sauce

Wash the marrow bones and discard excess fat. Mix all ingredients except the Worcestershire sauce, vinegar, horseradish, and Tabasco sauce. Simmer for about 4 hours, chill and let stand overnight in the refrigerator. Heat the sauce, remove and discard the bones. Press all the pulp possible through a fine sieve. Add the remaining four ingredients, taste, and if desired, add more seasoning. Serve hot with meat.

Tomato Sauce

2 No. 3 cans (2 quarts) tomatoes	8 whole cloves
1/4 pound (1/2 cup) chopped onions	Flour
2 bay leaves	Butter or other fat
8 whole allspice	Salt
	Pepper

Simmer the tomatoes, onion, bay leaves, allspice and cloves for about 15 minutes. Strain through a fine sieve, pressing to obtain all the tomato pulp, and measure the yield. For each cup of liquid, blend 2 tablespoons flour and 2 tablespoons melted fat, add to the tomato juice with salt and pepper to season, and stir until thickened. Continue to cook covered, over hot water for 10 to 15 minutes. Serve hot over croquettes or meat loaf.

Spanish or Creole Sauce

1/4 pound (1/2 cup) chopped onions	1/2 pound (3) green peppers,
1/4 pound (1/2 cup) butter or other fat	seeded and chopped
1/4 cup flour	1/2 pound cooked ham or
2 No. 3 cans (2 quarts) tomatoes	bacon (1 cup) chopped
1 bunch (2 cups) celery chopped	Chopped parsley
	Salt and pepper to taste

Cook the onion in the fat for a few minutes. Sprinkle the flour over the onion and quickly stir in the tomatoes, celery and green peppers. Simmer for about 20 minutes. Add the ham or bacon, parsley, salt and pepper and serve over flaky rice or omelet.

Cider and Raisin Sauce

1/2 pound (1 cup) sugar	1/3 pound (1 cup) seedless
1/4 cup cornstarch	raisins
1/2 teaspoon salt	6 small pieces of cinnamon
1 quart cider	12 whole cloves

Mix the sugar, cornstarch, salt, cider and raisins. Tie the spices in a cheesecloth bag and add to the mixture. Boil gently for about 15 minutes. Remove the spice bag and serve the hot sauce over the ham.

Chocolate Sauce

1/2 pound unsweetened chocolate	1/4 to 1/2 teaspoon salt
2 pounds (4 cups) granulated sugar	1/4 pound (1/2 cup) butter
2 cups milk	2 teaspoons vanilla

Melt the chocolate in a double boiler, add the sugar, milk, and salt, and cook 20 to 30 minutes with occasional stirring until fairly thick. Add the vanilla and butter, beat well and serve hot or cold over ice cream, cottage pudding or dry cake.

Hard Sauce

1/2 pound (1 cup) butter	1/8 teaspoon salt
3/4 pound (3 cups) confectioners sugar, (free of lumps)	1/2 teaspoon vanilla Nutmeg or lemon rind

Cream the butter and add the sugar gradually, beating to make the sauce very light. Add the salt and vanilla and a little nutmeg or lemon rind if desired. Pile lightly in a serving dish and chill.

Cream is sometimes added to increase the quantity and add to the richness of the sauce.

Custard Sauce

3 pints milk	Salt
3/8 pound (3/4 cup) sugar	Flavoring
5 to 6 eggs	

Heat the milk and sugar in a double boiler. Beat the eggs slightly and stir in some of the hot milk. Pour back into the double boiler, keep the water at simmering temperature and stir the custard constantly until it coats the spoon. Remove at once from the fire and set the pan in cold water. When cool add the salt and flavoring. Strain and chill. Serve over cake or puddings or cooked fruits.

French Dressing

3 cups oil	2 teaspoons salt or to taste
1 to 1-1/2 cups vinegar depending upon the acidity	2 teaspoons sugar Paprika to color

Beat the ingredients with a Dover egg beater until well blended, or place in a wide-mouthed bottle, cork tightly and shake well before serving.

Variations: Any of the following seasonings may be added, alone or in combination, just before serving:

To 1 cup of the dressing -
1/2 cup crumbled Roquefort cheese
1/4 cup minced green pepper
1/2 cup finely chopped stuffed olives
1/4 cup chopped pimiento
1 teaspoon celery seed
2 teaspoons onion juice

In place of vinegar, any of the following may be used:

Orange juice
Lemon juice
Grapefruit juice
Tarragon vinegar
Spiced vinegar from pickles or fruits

Cooked Dressing

2 teaspoons salt	1/8 pound (1/4 cup) sugar
1/4 teaspoon mustard	1 pint milk
1/8 teaspoon white pepper	2 eggs
1/4 teaspoon paprika	3/4 cup vinegar
6 tablespoons flour	1/8 pound (1/4 cup) butter

Sift the dry ingredients together, add the cold milk, stir until well blended, then stir and cook in a double boiler until thickened. Cover and cook ten minutes. Beat the eggs until very light, add some of the hot mixture to the egg gradually. Then combine and cook the whole mixture a few minutes longer. Add the vinegar slowly, stir and continue to cook until fairly thick, then beat in the butter.

Mayonnaise Dressing

3/4 cup vinegar or lemon juice	Paprika
1 tablespoon sugar	Few drops Tabasco sauce
1 tablespoon salt	6 egg yolks

5 to 6 cups of oil

To 1/2 cup of the vinegar, lemon juice or combination of the two add the seasonings. Add to the egg yolks and beat slightly. Then begin adding oil a little at a time, beating thoroughly each time. When enough oil has been added to make the mixture thick, add the remaining acid, and more seasoning if needed, and gradually beat in the rest of the oil.

Variations:

- (1) To a cup of mayonnaise dressing add 1/2 cup thick Chili sauce or catsup
- (2) To a cup of mayonnaise add 2 tablespoons finely chopped green pepper, 2 tablespoons finely chopped red pepper, 1/4 cup Chili sauce
- (3) To a cup of mayonnaise add 1 tablespoon minced green pepper, 1/2 cup finely cut celery, 1/2 cup finely cut pickle, 2 tablespoons minced onion.

BEVERAGES

Coffee

3/8 pound (2 cups) finely ground coffee	1 tablespoon beaten egg (yolk and white)
Few grains salt	1 egg shell
2 cups cold water	3-1/2 quarts hot water

Mix the coffee, salt, 2 cups of cold water, the egg and the shell. Put the mixture in a cheesecloth bag large enough to let the coffee swell and allow free circulation of the water through it. Tie the bag tightly and leave a string long enough to lift it out of the container. Put the bag in the hot water and bring to the boiling point. Let stand 20 minutes over low heat without boiling.

Tea

1-1/2 ounces (3/8 cup) tea	4-1/2 quarts freshly boiling water
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Put the tea in a hot container and add the boiling water, cover and let steep 2 to 3 minutes. Do not let the water boil during steeping. Drain from the tea leaves and serve at once. Dilute with hot water if desired.

Serve with sugar and cream or milk or with thinly sliced lemon or orange, mint leaves, spices, or candied ginger.

Cocoa

3-1/2 ounces (1-1/8 cups) cocoa	Sugar
2-1/2 cups hot water	Salt
6 quarts milk	Vanilla

Mix the cocoa and water, stir and boil for about 3 minutes. Add the milk with sugar and salt to taste. Beat and cook over water until hot. Just before serving add a little vanilla and top each cup with whipped cream or marshmallow.

Fruit Punch

2 pounds (4 cups) sugar	2 No. 2 cans crushed pineapple
3 cups water	2 quarts freshly made strong tea
3 dozen lemons	1/2 teaspoon salt
1 dozen oranges	1 quart gingerale or carbonated water
2 quarts bottled strawberry juice or 2 quarts crushed fresh fruit	

Boil the sugar and water together to make a heavy sirup, and cool. Scrub the oranges and lemons and squeeze out the juice. Then, if desired, barely cover the fruit skins with water, let stand for an hour or more, pour off the water and add to the fruit juice and syrup. Mix all ingredients. Just before serving add chopped ice, the gingerale or carbonated water. If the punch is too strong, dilute with ice water.

